



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

### Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

### About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>

HELP  
TO  
SELF-EXAMINATION.

41.

644.



600053632P

**HELP**

TO

**SELF EXAMINATION.**

~~~~~

**" EXAMINE YOURSELVES WHETHER YE BE IN THE FAITH,"**  
**2 Cor. xiii. 5.**

~~~~~

**BY A**

**CLERGYMAN OF THE CHURCH OF ENGLAND.**

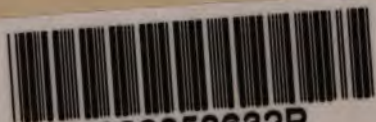
=====

**DURHAM :**  
**F. ANDREWS, SADDLER-STREET.**  
**J. G., F., AND J. RIVINGTON, ST. PAUL'S CHURCH YARD, LONDON.**  
1841.

644.

41.

644.



600053632P

**HELP**  
TO  
**SELF EXAMINATION.**

~~~~~  
" EXAMINE YOURSELVES WHETHER YE BE IN THE FAITH."  
2 Cor. xiii. 5.

~~~~~  
BY A  
CLERGYMAN OF THE CHURCH OF ENGLAND.

=====  
DURHAM :  
P. ANDREWS, SADDLER-STREET.  
J. G., F., AND J. RIVINGTON, ST. PAUL'S CHURCH YARD, LONDON.  
1841.

644.

DURHAM: PRINTED BY FRANCIS HUMBLE, PRINTER  
TO THE UNIVERSITY.

## PREFACE.

---

THERE is no duty so incumbent on a Christian to perform, and which is yet so generally neglected, as that of self-examination. As to the necessity of it, little need be said, for unless we know our sins, we cannot repent of them, and unless we search them out, we cannot become acquainted with them.

The most efficient plan seemed to be, to bring forward a number of texts of Holy Scripture setting forth the duties of a Christian; and then having sug-



gested certain questions arising from them, to conclude the meditation with a suitable prayer.

The sentences of Scripture may be varied each day, either wholly or in part, always taking care to select those which apply to the same subject. Thus, it is hoped, a short and comprehensive form of instruction as well as self-examination will be effected, than which nothing is more necessary or better calculated to produce the Christian character.

The subjects referred to in the following  
Texts, are—

I. Our duty towards God :

Knowing—remembering—fearing—  
loving—trusting in—worshipping—  
praising—confessing—praying to him.

II. Faith and works.

III. Our duty towards our neighbour :

Love—peace—goodwill—mercy and  
compassion—forgiveness—forbearance  
—good example—anger and divisions  
to be avoided—lust—temperance—op-  
pression—lying—covetousness—con-  
tentment—riches—pride—humility—  
meekness—patience.



## HELP TO SELF EXAMINATION,

&c., &c.

---

### EVENING MEDITATION AND PRAYER.

"Stand in awe and sin not; commune with your own heart upon your bed, and be still."—*Psalm* iv. 4.

"This is life eternal, to know Thee, the only living and true God, and Jesus Christ whom thou has sent."—*John* xvii. 3.

"Remember the Lord which is great and terrible."—*Neh.* iv. 14.

"Remember thy Creator in the days of thy youth."—*Eccles.* xii. 1.

"Fear him that is able to destroy both soul and body in Hell; I say unto you fear him."—*Matt.* x. 28.

"Fear God, and keep his commandments ; for this is the whole duty of man."—*Eccles.* xii. 13.

"Thou shalt love the Lord thy God, with all thine heart, and with all thy soul, and with all thy might."—*Deut.* vi. 5.

"He that loveth me, said Jesus, shall be loved of my father."—*John* xiv. 21.

"Trust in the Lord and do good ; so shalt thou dwell in the land ; and verily thou shalt be fed."—*Psal.* xxxvii. 3.

"Blessed is the man that trusteth in Him."—*Psal.* xxxiv. 8.

"All flesh shall come to worship before me saith the Lord."—*Isai.* lxvi. 23.

"Jesus said unto the tempter : Get thee hence Satan ; for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve."—*Matt.* iv. 10.

"Ye that fear the Lord, praise him."—*Psal.* xxii. 23.

"If thou shalt confess with thy mouth the

Lord Jesus, and shalt believe in thine heart that God raised him from the dead ; thou shalt be saved."—*Rom.* x. 9.

" Whosoever shall confess me before men ; him will I confess before my Father which is in Heaven."—*Matt.* x. 32.

" I will that men pray every where, lifting up holy hands without wrath and doubting."—*1 Tim.* ii. 8.

" The righteous cry ; and the Lord hear-eth and delivereth them out of all their troubles."—*Psal.* xxxiv. 17.

" Call upon me in the day of trouble, saith the Lord, and I will deliver thee, and thou shalt glorify me."—*Psal.* l. 15.

" Ask and it shall be given you, seek and ye shall find, knock and it shall be opened unto you."—*Matt.* vii. 7.

" If ye shall ask any thing in my name, I will do it."—*John* xiv. 14.

" Continue in the faith, grounded and settled, and be not moved away from the hope

of the Gospel which you have heard."—*Col.* i. 23.

"Take the shield of faith whereby ye shall be able to quench all the fiery darts of the wicked one."—*Ephes.* vi. 16.

"Fight the good fight of faith."—1 *Tim.* vi. 12.

"This is the victory that overcometh the world, even our faith."—1 *John* v. 4.

"The just shall live by his faith."—*Hab.* ii. 4.

"What doth it profit, my brethren, though a man say he have faith and have not works? Can faith save him? Faith if it hath not works is dead, being alone."—*James* ii. 14.

"Thou shalt love thy neighbour as thyself."—*Matt.* xxii. 37.

"A new commandment I give unto you, that ye love one another."—*John* xiii. 34.

"All the law is fulfilled in one word, even in this; thou shalt love thy neighbour as thyself."—*Gal.* v. 14.

"Blessed are the peace makers, for they

shall be called the children of God."—*Matt.* v. 9.

"Keep the unity of the spirit in the bond of peace."—*Ephes.* iv. 3.

"As we have opportunity, let us do good unto all men ; let us not be weary in well doing."—*Gal.* vi. 9, 10.

"Shew mercy and compassion every man to his brother."—*Zec.* vii. 9.

"Brethren be ye all of one mind, having compassion one of another ; love as brethren ; be pitiful, be courteous."—*1 Pet.* iii. 8.

"If ye forgive men their trespasses, your Heavenly Father will also forgive you ; but if ye forgive not men their trespasses, neither will your Father forgive your trespasses."—*Matt.* vi. 14, 15.

"Thou art inexcusable, O man, whosoever thou art that judgest ; for wherein thou judgest another thou condemnest thyself ; for thou that judgest doest the same things."—*Rom.* ii. 1.



"Let your light so shine before men, that they may see your good works, and glorify your Father which is in Heaven."—*Matt.* v. 16.

"He that hateth his brother is in darkness."—1 *John* ii. 9.

"Put off anger, wrath, malice."—*Col.* iii. 8.

"Whosoever is angry with his brother without a cause, shall be in danger of the judgment."—*Matt.* v. 22.

"Now I beseech you, brethren, by the name of our Lord Jesus Christ, that ye all speak the same thing, and that there be no divisions amongst you."—1 *Cor.* i. 10.

"Abstain from fornication."—*Acts* xv. 20.

"Whosoever looketh on a woman, to lust after her, hath committed adultery with her already in his heart."—*Matt.* v. 28.

"Flee youthful lusts."—2 *Tim.* ii. 22.

"Abstain from fleshly lusts that war against the soul."—1 *Pet.* ii. 11.

"Be not among wine bibbers, amongst riotous eaters of flesh ; for the drunkard and the glutton shall come to poverty."—*Prov.* xxiii. 20, 21.

"Make not provision for the flesh, to fulfil the lusts thereof."—*Rom.* xiii. 14.

"Drunkards shall not inherit the kingdom of God."—*1 Cor.* vi. 10.

"He that hath oppressed the poor and needy, and hath spoiled his brother by violence ;—he shall not live ; he shall surely die ; his blood shall be upon him ; he shall die in his iniquity."—*Ezek.* xviii. 13-18.

"Be not witness against thy neighbour without cause ; and deceive not with thy lips."—*Prov.* xxiv. 28.

"Lie not one to another."—*Col.* iii. 9.

"Lying lips are an abomination to the Lord."—*Prov.* xii. 22.

"Covetousness, let it not be once named amongst you, as becometh saints ; for this ye know, that no covetous man, who is an ido-

later, hath any inheritance in the kingdom of Christ and of God."—*Ephes.* v. 3-5.

"Be content with such things as ye have."—*Heb.* xiii. 5.

"Lay not up for yourselves treasure upon earth."—*Matt.* vi. 19.

"How hard is it for them that trust in riches to enter into the kingdom of God."—*Mark* x. 24.

"Those that be rich in the world should not be high-minded, nor trust in uncertain riches; but they should do good therewith, yea, they should be rich in good works."—*1 Tim.* vi. 17, 18.

"Pride and arrogancy the Lord doth hate."—*Prov.* viii. 13.

"Humble yourselves in the sight of the Lord."—*James* iv. 10.

"Whosoever shall humble himself as a little child, the same shall be greatest in the kingdom of heaven."—*Matt.* xviii. 4.

"Blessed are the meek."—*Matt.* v. 5.

"The ornament of a meek and quiet spirit is, in the sight of God, of great price."—1 *Pet.* iii. 4.

"To them who by patient continuance in well-doing seek for honour, and glory, and immortality, God will give eternal life."—*Rom.* ii. 7.

*Having read over and meditated on the above texts, or others of your own selecting which apply to the same subject, ask of your own heart the following questions, pausing between each, that you may leave no sin undiscovered and unrepented of.*

1. Have I remembered God in all things ?
2. Have I done all to his glory ?
3. Have I recognized his hand in every circumstance of life ?

4. Have I feared and loved him as I ought ?
5. Have I, in the dangers to which I have been exposed, trusted in God to keep me from harm ?
6. Have I honoured his name, and has no careless expression thrown indignity on his majesty ?
7. Have I been thankful for his benefits, and praised him for his mercies ?
8. Have I confessed him before men ? when others scoffed at religion have I by my silence denied the Saviour who bought me ?
9. Have I prayed to him for his protection, and the gift of the Holy Spirit to assist me in temptation ?
10. Has my faith been firmly fixed, and has it shewn its life by good works ?
11. Have I been full of Christian charity, and borne love to all mankind ?
12. Have I kept at peace with my neighbour ?

13. Have I been merciful to those placed in my power, and have I had compassion on the miserable ?
14. Have I forgiven every one their trespasses, and the injuries that I fancy they have done me ?
15. When men have endeavoured to injure or deceive me, have I shewn Christian forbearance ?
16. Have I endeavoured to shew forth the truth of the Gospel by my own good example ?
17. Have I subdued my anger, and, instead of fostering division, endeavoured to make peace ?
18. Have I kept myself free from all sectarian division, that injures so much the unity of Christ's church ?
19. Have I restrained my passions, even in their allowed gratification ?
20. Have I been temperate in all things, in

eating and drinking, and in pleasure of all kinds ?

21. Have I oppressed any one ?
22. Have I kept a guard over my tongue ?
23. Have I always kept to the line of truth ?
24. Have I slandered my neighbour, or spread evil reports concerning him ?
25. Have I not coveted any thing that belonged to another ?
26. Have I been content with my station, and tried to do my duty ?
27. Have I employed my riches as I ought, or have I trusted in them, and been proud and haughty ?
28. Have I been humble, and borne
29. With meekness the insults of others ?
30. Have I borne with patience all that has befallen me,—sickness, sorrow, and poverty ?



*Having asked these questions of yourself seriously and devoutly, and having discovered the sins that you have been guilty of, confess them to God and repent, stedfastly purposing to lead a new life ; and that you may be enabled so to do, conclude your meditations with this prayer, saying,—*

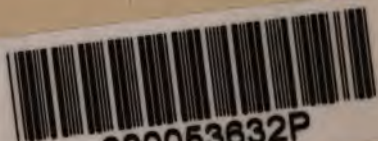
*Confession.*

I have sinned, Lord, I have sinned  
 against Thee ;  
 Oh me, wretched that I am,  
 I have sinned against Thee ;  
 I know, oh Lord, the plague of my heart,  
 Be propitious towards thy servant,  
 and heal his soul.  
 Father, I have sinned against Heaven, and  
 against Thee,  
 and am no more worthy to be called  
 thy son.



41.

644.



600053632P



Worship Thee and serve

Thee

of Spirit,

of body,

of lips,

and in public ;

them that have the rule

over me,

and submission ;

to my own,

evil with good,

in sanctification and

honour ;

without covetousness,

with what I have ;

truth in love ;

passionately, or go after

lusts.

me, oh Lord,

serpent's head.

my latter end.

And now, Lord, what is my hope ?  
 Truly my hope is ever in Thee.  
 For thy name's sake be merciful unto my sin.  
 Look on me with those eyes with which  
     thou didst look upon  
     Magdalene at the feast,  
     Peter in the Hall,  
     The thief on the wood ;  
 That with the thief I may call on Thee  
     humbly,  
 Remember me, Lord, in thy kingdom.

Prayer for Grace.	My hands will I lift up Unto thy commandments which I have loved. Open thou mine eyes that I may see, Incline my heart that I may desire, Order my steps that I may follow, the way of thy commandments : Oh Lord God, be thou to me a God, Beside Thee let me have none else :
-------------------------	---

Vouchsafe to me to worship Thee and serve

Thee

in truth of Spirit,

in reverence of body,

in blessing of lips,

in private and in public ;

to pay honour to them that have the rule

over me,

by obedience and submission ;

to show affection to my own,

to overcome evil with good,

to possess my vessel in sanctification and

honour ;

to have my converse without covetousness,

content with what I have ;

to speak the truth in love ;

and not to lust passionately, or go after

lusts.

Teach me, oh Lord,

1. To bruise the serpent's head.

2. To remember my latter end.

3. To be sober.
4. Not to sit idle.
5. To shun the wicked.
6. To cleave to the good.
7. To bring my body into subjection.
8. To give myself unto prayer.
9. To betake myself to penitence,
10. And not to commit the sins I repent of.

Vouchsafe rest to my weariness,  
 Renew strength to my exhaustion.  
 Lighten mine eyes that I sleep not in death.  
 Deliver me from the terror by night,  
 The pestilence that walketh in darkness.  
 Supply me with healthy sleep,  
 And guard, O Lord, my soul.

*PRISON.* All love, all glory, be to Thee,  
 Oh God the Father,  
 Who hast made and preservest me.  
 All love, all glory, be to Thee,  
 Oh God the Son,

Who hast redeemed me and all mankind.  
 All love, all glory, be to Thee,  
 Oh God the Holy Ghost,  
 Who dost sanctify me and all the elect of  
 God.

I lift my heart to Thee,  
 Blessed Trinity,  
 Three persons and one God ;  
 It is meet and right so to do,  
 To remember and worship  
 As the angels and all the heavenly powers,  
 One to another crying continually  
 Holy, Holy, Holy,  
 Lord God of Hosts,  
 full is the whole heaven and whole earth  
 of the Majesty of thy glory.

Our Father, &c.  
 The Grace of our Lord, &c.

*Morning Prayer.*

*Having read over the sentences of Scripture used in the evening meditations or others of similar import, call to mind all the sins you yesterday committed; and make a firm resolution that with God's aid you will not be guilty of the like during the day. Then conclude with the following prayer, saying,—*

Confes-      My voice shalt thou hear betimes,  
sion.                      Oh Lord,

Early in the morning will I direct my prayer  
unto Thee, and will look up.

I have transgressed and neglected Thee,

Oh Lord,  
and walked perversely before Thee,

Yet, Oh merciful Father, forgive me the debt,  
 Oh pardon my transgression  
 and take away mine iniquity.

- |                         |                 |
|-------------------------|-----------------|
| Prayer<br>for<br>Grace. | Remove from me, |
|-------------------------|-----------------|
1. All iniquity and profaneness.
  2. Idols and idolatry.
  3. Rash oath and profane swearing.
  4. Neglect or indecency of worship.
  5. Haughtiness and pride.
  6. Strife and wrath.
  7. Passion and corruption.
  8. Indolence and fraud.
  9. Lying and covetousness.
  10. Every evil notion, every impure thought,  
 and every base desire.

- Grant to me,
1. To be religious and pious.
  2. To worship and serve Thee.



3. To bless.
4. To confess Thee before men.
5. Affection and obedience.
6. Patience and good temper.
7. Purity and soberness.
8. Contentedness and goodness.
9. Truth and uncorruptness.
10. Good thoughts and perseverance to the end.

And I would pray for  
all Christians, and those who are still in error,  
for all those who are afflicted or distressed,  
for the whole race of man,  
and specially the Holy Catholic Church :  
Pour thy grace and fatherly care  
on all my relations and friends.  
And, oh ! God, bless me thy servant,  
direct my life towards thy command,  
hallow my soul, purify my body,  
correct my thoughts, cleanse my desires,  
for if thou wilt thou canst make me whole.

Praise. And for all mercies vouchsafed  
     I will bless the Lord at all times,  
     Glory to God in the highest,  
 and on earth peace, goodwill, to men.  
 Thou art worthy, oh Lord our God,  
     the Holy one,  
 to receive glory, and honour, and power,  
     for thou hast made all things,  
 and for thy pleasure they are and were  
     created.

Our Father, &c.  
 The Grace of our Lord, &c.

*These portions of Scripture, with the explanation thereon, are to be added to the former ones, and used by those persons to whose situation they refer.*

*For Parents.*

“If any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel.”—1 Tim. v. 8.

“Let the mothers love their children.”—Titus ii. 4.

“These words, which I command thee this day, shall be in thine heart, and thou shalt teach them diligently unto thy children, and talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.”—Deut. vi. 6, 7.

"Train up a child in the way he should go, and when he is old he will not depart from it."—*Prov.* xxii. 6.

"Fathers, provoke not your children to wrath ; but bring them up in the nurture and admonition of the Lord."—*Ephes.* vi. 4.

"He that spareth the rod hateth his son ; but he that loveth him chasteneth him betimes."—*Prov.* xiii. 24.

"Thou shalt beat him with the rod, and shall deliver his soul from Hell."—*Prov.* xxiii. 14.

*Examination on the above.*

- i. Have I endeavoured to provide honestly for my family ?
- ii. Do I sincerely love my children ?
- iii. Do I show this love by teaching them their duty towards God, and towards their neighbour ?

- iv. Do I take every opportunity to make them good and religious, particularly to instruct them in the benefit of private and public worship ?
- v. Am I doing all in my power to give them a sound education ; and to fix them in right principles ? but above all do I bring them up in the nurture of the Lord ?
- vi. Do I ever pass over a fault without shewing them the guilt incurred, and do I omit to punish them for it ?

*For Children.*

“ Children, obey your parents in the Lord, for this is right.”—*Ephes.* vi. 1.

“ Honour thy father and thy mother, which is the first commandment, with promise.”—*Ephes.* vi. 21.

“ Whoso curseth his father or his mother, his lamp shall be put out in obscure darkness.”—*Prov.* xx. 20.

*For Servants.*

- i. Do I in all things give willing obedience to my parents—never murmuring or repining at their commands ?
- ii. Do I receive their instruction reverently and gladly ?
- iii. Do I never speak ill of them, or use angry language ?
- iv. Do I always endeavour to be kind and affectionate to them, bearing with their infirmities and comforting them in their sorrows ?
- v. Do I by idleness or dissipation cause them any trouble or vexation ?

*For Masters.*

"Thou shalt not rule over thy servant with rigour."—*Levit.* xxv. 43.

"Ye masters do the things that be good unto your servants."—*Ephes.* vi. 9.

*Examination.*

- i. Am I ever harsh with my servant without a cause ?
- ii. Do I ever defraud him of his due ?
- iii. Do I ever stand between him and his salvation, by causing him to absent himself from God's house, in order to do my business ?
- iv. Do I take all pains for his spiritual welfare ?
- v. Do I, by my example, shew him the duty of living soberly, and honestly, and godly ?

*For Servants.*

- "A servant honoureth his master."—*Mal.*
- i. 6.
- "Be content with your wages."—*Luke*
- iii. 14.

“Servants be obedient to them that are your masters, according to the flesh : not with the eye service as men pleasers, but as the servant of Christ, doing service as unto the Lord, and not to men.”—*Ephes.* vi. 5, 6, 7.

“Exhort servants to be obedient unto their own masters, and to please them well in all things ; not answering again ; not purloining ; but shewing all good fidelity.”—*Tit.* ii. 9, 10.

“Servants be subject to your masters with all fear ; not only to the good and gentle, but also to the froward.”—1 *Pet.* ii. 18.

*Examination.*

- i. Do I rightly honour my master ?
- ii. Am I content with my hire ?



o I never return a saucy answer ?  
o I never purloin ? am I strictly honest  
n I submissive to all my governor:  
e harsh, as well as the merciful ?

~~~~~  
**THE END.**  
~~~~~





